



Profiles in Wellness



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If I heard once “you sure like to eat, don’t you Denise”, I heard it a million times. I have struggled with maintaining a normal weight all of my life, at times it was more of a struggle than others. In April 1999, I had a “last straw” moment. I had come home from work sore and weary of trying to move around in small places. As the scale tipped 260 pounds, I made a decision to take the first step and joined a national weight-loss plan in my neighborhood.

As a result, my family and I started eating fruits and vegetables with every meal. The biggest lifestyle change was planning healthy snacks and healthy meals. After monitoring my portions and making healthy food choices, I reached my goal weight of 155 pounds in November 2000. I maintain my weight loss by continuing to “plan” healthy eating and by leading a weekly weight loss support group.

Now, I can enjoy hiking Harney Peak in the Black Hills without thinking “I am going die”. I am not embarrassed to fly on a plane – I fit into the seat. I even will opt to use the steps instead of the elevator.